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ABSTRACT

Noting that the wealth of parenting curricula available poses a challenge to identifying the more appropriate curricula for a particular group, this guide is designed to enable more effective and efficient selection of curricula for parent education. The guide describes and evaluates 41 parenting programs and is divided into two major sections. The Quick Reference section provides a tabular delineation of parenting curricula and provides information regarding content, program format, media format, ratings of usefulness for general parent and professional use, and program length. The Narratives for Parenting Curricula section provides specific information on the curricula, including an abstract of its content, the cost, and ordering information. The basic requirements for programs selected were that they be congruent with existing human development principles and practices and that they not sanction psychological or physical abuse. Additional principles considered fundamental for included programs were that the programs appreciated diversity in family structure and function, ethnicity, and social class. Also included in the guide is a discussion of how to select a parenting program. (KB)

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Guide for Choosing Parenting Curricula I

ParentLink

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Guide for Choosing Parenting Curricula I

ParentLink
Making the Connection

For use by Community Coalitions, Community Leaders, Organizations, Parents, and Parenting Educators

Winter 1992

Financial support for the development and production of this manual was provided by:

- Department of Mental Health, Division of Alcohol & Drug Abuse
- University Extension
- Human Environmental Sciences
- 4-H Youth Development Programs
- Children's Trust Fund for Missouri

Additional copies may be obtained by contacting the ParentLink Connection Center at ~~314~~ (573) 882-7321, or in Missouri at 1-800-552-8522.

ACKNOWLEDGEMENTS

ParentLink is pleased to provide the public with this valuable guide to parenting curricula. By enabling people to more effectively and efficiently select parenting curricula, it is our hope that more parents will receive quality parenting information and support.

This guide has been made possible thanks to the dedication and commitment of many concerned Missourians:

The ParentLink Coalition initiated and provided guidance to the development of this manual. Throughout the review process their input has been extremely helpful. Their names and affiliations are listed on pages 4 and 5.

The ParentLink Curriculum Committee was critical to the accomplishment of this review process. Dr. Mary McPhail Gray, past Human Development Specialist for Missouri's University Extension, and Nell Bishop, past president for the Missouri Federation of Parents, provided leadership to this committee. Committee members were drawn from multiple areas of expertise. They represented a variety of interests and ideas. Over the past two years their commitment to providing information to parents and professionals about parenting curriculum has kept them steadfast in their efforts. Their names and brief biographies are provided on pages 1-3. They are thanked for their outstanding contribution of time, energy, and expertise.

Many deserve credit for organizing the review process, compiling the evaluative summaries, and writing this manual:

Dr. Mary McPhail Gray supervised students and staff in accomplishing many of these tasks. She dedicated extensive amounts of time in writing text for this manual.

Robin R. Wingo, M.S.W, L.C.S.W., ParentLink Connection Center Coordinator, was instrumental at each stage of the manual's development. She helped to review curriculum, wrote text, supervised her staff in securing materials for review, and orchestrated the refinement and production of this guide. Her perseverance and diligence is appreciated.

Dr. Barbara Froke, Associate Dean for Human Environmental Sciences, University Extension, helped the curriculum committee jump the last few hurdles by investigating editorial, graphic artwork, and printing alternatives.

Terrie Underwood, past Human Development and Family Studies research assistant; Lori Moore and Kara Nolan, both masters-level Social Work interns, are recognized for providing support and assistance in executing many specialized tasks. Without the aide of

their communication and organizational skills, we would not have received, reviewed, and completed this guide.

In addition, Susan Holladay Fisher, University Extension Human Development Specialist, is thanked for her critical review of materials and her assistance in editing. Sharon Wood-Turley, professional editor, and Jeanne Bintzer, University Extension graphic artist, are also appreciated for their cooperation, skills, and contributions. Bev Morrow and Patty Hudnut have contributed hours to typing revisions and deserve recognition as well.

By these credits, one can easily recognize the amount of human resources that were used to complete this project, and I believe this is reflected in the manual's quality and usefulness. ParentLink proudly presents this manual to the public.

Carol Mertensmeyer, Ph.D.
ParentLink Program Director

TABLE OF CONTENT

Page

Members of Curricula Review Panel 1990-1992 1

ParentLink Coalition 4

Overview 6

Definition of Terms 7

Fundamental Principles of Content 11

Quick Reference for Parenting Curricula 13

Narratives 16

- A Child in Your Life 17
- Active Parenting 18
- Active Parenting of Teens 19
- Boys Town - Videos for Parents 20
- Child Abuse: A Global Crisis 23
- Choices and Consequences 24
- Choices and Consequences 25
- Cooperative Communication Between Home & School 26
- Developing Capable People 27
- Early Childhood STEP (Systematic Training for Effective Parenting) 29
- Effective Black Parenting 31
- The Employed Parent 33
- Families in Focus 34
- Families in Touch 35
- Family Times 37
- Get Involved Before Your Kids Do 38
- Has Anybody Seen Phil? 40
- Help Me! I'm Growing Up 41
- Keeping Your Family Drug Free (renamed: Families for Prevention) 42
- New Beginnings 43
- Not Me 44
- Nurturing Program 45
- On Base 47
- Parent to Parent 48

Table of Content (continued)

Page

Parenting for Prevention: How to Raise a Child to Say No to Alcohol/Drugs . . . 49
Parenting On Your Own: A Program for Single Parents 50
Parentmaking 51
Parents With Careers 52
Peer Pressure Reversal 53
Preparing for the Drug (Free) Years 54
Raising Self-Reliant Children in a Self-Indulgent World 55
Responsive Parenting 56
School and Home Enrichment Program for Severely Handicapped Children 58
Scriptographic Booklets 59
STEP (Systematic Training for Effective Parenting) 60
Strengthening Stepfamilies 61
Stress and the Healthy Family 62
Teaching Parenting 63
Traits of a Healthy Family 64
Young People in Crisis 65
You've Got to Be Kidding 66

How to Select Parent Education Programs 68

Recommendation Form 71

MEMBERS OF CURRICULA REVIEW PANEL
1990-1992

Nell Bishop, Co-Chair, past president of Missouri Federation of Parents for a Drug Free Youth. Nell has long been active as a community organizer and volunteer in the St. Louis area. She was instrumental in the promotion of the "Red Ribbon Week" campaign in Missouri and is a past member of the regional advisory council of the Division of Alcohol and Drug Abuse. She has been a materials reviewer for the Department of Elementary and Secondary Education and has reviewed post-secondary programs for the National Office of Substance Abuse Prevention. She is familiar with many curricula published in support of parents.

Charles Durham, AT&T Employee Assistance Program, St. Louis. Charlie has a longtime interest in substance abuse prevention and effective parenting programs. He was founding member of the Pennsylvania State Federation of Parents for a Drug Free Youth.

Sue G. Fisher, M.S., past director of Prevention Services, Progressive Youth Center, St. Louis. As a health educator, Sue has developed and implemented a variety of programs and materials for youth, parents, and professionals. Her areas of expertise include adolescent development, curriculum development, and prevention in at-risk populations. She coordinated the development and piloted the implementation of MOSAP a statewide student assistance program for substance abuse prevention.

Mary McPhail Gray, Ph.D., Co-Chair, State Extension Human Development Specialist with Human Environmental Sciences. Mary has worked with parents in a variety of clinical and educational settings. She has completed and published research in parenting and child development. Special interests include high-risk families and children, community development and intervention, and family-community interfaces.

Mable Grimes, Ph.D., State Extension Specialist in 4-H and Youth Development on the Columbia campus. Mabel is a twenty-five year veteran with University Extension and has been involved in programming for high-risk youth and low-income audiences for many years. In particular, she has been concerned with adolescent pregnancy and parenthood and minority health. Mabel is state fellow in the Missouri Youth Initiative, a project funded by the W. K. Kellogg Foundation.

Tamara Kasser, M.S., Urban Youth Specialist in 4-H Youth Development Programs. Tamara serves University Extension as a Regional Specialist in the St. Louis area. Committed to intervention programs reinforcing self-esteem and parenting skills, Tamara has developed broad programs for schools and agencies in the area of substance abuse prevention.

Carol Klass, Ph.D., Director of Early Intervention Programming, Cardinal Glennon Children's Hospital, St. Louis. Carol is a longtime advocate for parents and young families. Formerly the director of a mentoring project in Illinois for high-risk parents, she developed a curriculum and training model for assisting parents at risk of abusing their children. In addition, she has been active in promoting coordinated efforts between early childhood professionals and public school personnel in the transition from day care to public school attendance. Her research includes ethnographic studies of day care, early intervention for young children at risk, and family support programming.

Lois Laster, M.S., Foods and Nutrition Regional Extension Specialist within Human Environmental Sciences. Lois is an experienced Extension professional who has supervised the Expanded Food and Nutrition Program in the inner-city area of St. Louis. She has worked with low-income families for many years and helped paraprofessionals develop appropriate materials for minority and low-income audiences.

Carol Mertensmeyer, Ph.D., Program Director of Missouri's ParentLink project. Carol recently completed her Ph.D. in Human Development and Family Studies and is a fellow in the Missouri Youth Initiative, a community based project funded by the W. K. Kellogg Foundation. She has developed an innovative project in support of parents that encourages interagency networking in new and creative ways. Carol has been a home economics teacher at the secondary level and an advocate for handicapped children and their families. Her research interests include low-resource families, parent education, and public policy.

Don Miller, M.S., Regional Extension Specialist in Human Development. Don has served as a regional substance abuse coordinator. He has been an active parent educator for many years and was formerly the director of a day care center that served infants, preschool children, and school-age children in Wyoming. Don has been involved in a number of education programs for substance abuse prevention and families in transition through rural crisis in Missouri.

Basil Hunt, M.S., Retired Superintendent of Public Schools in Normandy, Missouri. Basil has been a longtime activist for families and parents. He has been instrumental in helping communities organize parent fairs and other activities to raise awareness and create appropriate programs in support of parents in the community. He is the past president of the Missouri Division of Alcohol and Drug Abuse Advisory Council.

Terrie Underwood, M.S., Graduate Research Assistant for Parenting Curriculum Committee. Terrie is a former day care center director and has worked in the field of parent education for a number of years. She has worked in the Department of the Army in crisis intervention with families experiencing loss in the military community. Her masters internship work was with an agency serving clients in treatment for chemical dependency accompanied by their children.

Elizabeth Vemer, Ph.D., former State Extension Specialist in Human Development within Human Environmental Sciences on the Columbia campus. Elizabeth held a joint appointment at the University of Missouri-Columbia and Lincoln University and worked with communities to develop innovative programs in support of youth at risk. Because of her expertise in human sexuality and adolescent parenting, she was asked to help review materials that dealt with these special focus parenting topics. Her death in June of 1991 deeply saddened us all.

Robin R. Wingo, M.S.W., L.C.S.W., ParentLink Connection Center Coordinator. Robin is a professional with many years of experience working directly with families in clinical environments and in staff training for professionals working with families. She has worked in residential treatment with youth and in family therapy through the Division of Youth Services. Most recently, she has been a medical social worker at the University of Missouri Hospitals and Clinics and has worked with families and parents in crisis. Robin has been a consultant with the Department of Mental Health, Division of Alcohol and Drug Abuse and is on the Missouri Children's Trust Fund Advisory Board.

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OVERVIEW

The Guide for Choosing Parenting Curricula I is designed to help parenting educators, community leaders, community coalitions, organizations, and parents select appropriate parenting curricula. It describes and evaluates a variety of parenting programs that are summarized in the Quick Reference, pages 13-15, and more fully explained in the Narratives for Parenting Curricula, pages 17-67.

In the Quick Reference, each program is listed alphabetically by title. Program criteria are listed across the top of the page and below each criterion is relevant program information. After studying the Quick Reference, turn to Narratives for Parenting Curricula. This section provides specific information including an abstract of the content, the cost, and ordering information.

On pages 68-71 there is a brief guide about how to select parenting programs. The combination of the grid, the narrative, and the guide should help you make effective choices regarding parenting curricula.

On page 72 you will find a form asking for suggestions on parenting programs to review for the next edition. Your recommendations will be appreciated.

QUICK REFERENCE
for parenting curricula

DEFINITION OF TERMS

Each of the following terms is located, in abbreviated form, at the top left corner of the QUICK REFERENCE pages for easy recall.

Curriculum Categories

The target group for materials represents the audience for which the materials are appropriate. One curriculum may fit more than one target group. These are divided into the following:

GP - General Parenting

These materials provide a variety of skills to enhance general parenting among people in a variety of life circumstances. Frequently, materials stress healthy communication, and acknowledge the developmental stages of parents and children. Findings from the family strengths literature about the characteristics of healthy or strong families are often emphasized. The curriculum can be adapted for a variety of audiences and are frequently used in programs to reinforce the value of parent education.

A/S - Parenting Different Ages and Stages

These parenting materials have been written with a specific age and/or stage of the child or the parent in mind. Examples are materials written for adolescent parents, or materials written for the parents of preschool children. These materials should not be used with parent groups representing a variety of life stages and ages of children.

SF - Special Focus Parenting

These materials cover a broad category that support parents faced with a specific issue in human development. For example understanding substance abuse prevention, transitions through divorce or parenting special needs children. These materials are not appropriate for a general audience, but they are often of high interest and include materials that cause strong responses from parents. Frequently, community members find that a concern about a specific social problem has initiated the interest in parent education. The materials in this Special Focus category are therefore often the beginning point for a more comprehensive offering of parenting programs.

Program Format of Materials

The format categories defined below will help you decide how to effectively use the parenting materials.

LR - Leader Required to Process

A professional parent educator/family life educator or other knowledgeable professional is needed to adequately present the materials. Frequently these materials help parents practice specific skills or offer in-depth information about developmental stages and parental responses to specialized topics such as dealing with death, divorce or human sexuality.

LE - Leader Could Enhance Process

These materials are most effective when presented in a group setting by a skilled leader. While the curriculum can stand alone, the educational process is enhanced by group discussions.

SS - Self-Study

Materials are rated as appropriate for self-study if the information is clear and presented in a supportive, positive manner that enhances individual study.

Media Format of Materials

Under this criterion, all pieces and types of media that accompany the parent education program are listed.

V - Video

This refers to a half-inch video format (VHS).

B - Book

We have included books in this curriculum review only when they have repeatedly been recommended by a variety of parent educators or professionals. We made no attempt to comprehensively review parenting books.

TM - Teacher's Manual

This refers to a manual that was developed by the author of the curriculum materials and sometimes includes promotional components.

PM - Parent Manual

In most cases, the parent manuals are designed for individual parents to use as they work individually or in a group setting. Frequently there is a small cost associated with ordering individual manuals for parent participants.

S/F- Slide-Film

There are not many slides or film strips in the curriculum reviewed. We included those materials when there was a strong feeling that the materials were of high quality and were not available in another format.

AC - Audio Cassette

In some cases, the audio cassettes are part of a larger program accompanied by video tapes or books. In other cases, the audio cassettes alone carry the parenting program.

WB - Workbook

Generally, the workbook materials are planned for a class format, or in some cases for individual families or small groups to do together.

Numerical Ratings

NA - Not Applicable

This was used to designate when a criterion was not applicable for the particular materials. For example, materials developed for leader directed group process are generally not applicable for self-study.

Numerical Score

The rating scale used is from one to ten with ten as the highest rating.

Quality for Self-Study

Under this criterion, materials were judged for their usefulness as self-study tools. The review panel rated materials on a scale of one to ten with ten being the highest rating. In some cases, materials received high ratings both as self-study programs and as resources to be used in group settings with skilled leaders.

Quality for Professional Use

Quality for professional use was also rated on a scale of one to ten. (Ten is the highest rating.) This criterion evaluated the strength of the curriculum as a teaching tool for a family life educator, parent educator, or other professional. Where a program was rated particularly low, the consensus was that the material would not be particularly helpful.

Length of the Program

In all cases the time commitment was either time reported by the program authors or else it represented the length of time required to view a video program or listen to an audio program. When the programs are planned for a series of meetings, an indication is made of both the number of programs or number of weeks one might give the program and the number of hours per program.

FUNDAMENTAL PRINCIPLES OF CONTENT

Through lengthy discussion and multiple reviews, we concluded that five fundamental principles will be viewed as basic requirements for all exemplary programs. Principles 1 and 2 below were requirements, a minimal standard for parenting materials. Principles 3, 4, and 5 were perhaps less fundamental, but only in a relative sense. For a particular intended audience, they may in fact be primary. We felt it was important to the education and advocacy for all children and parents, that all five quality indicators be present as often as possible.

1. Congruent with existing human development principles and practices. The panel always made an evaluation of the content of the materials to ascertain that it reflects both research and practice in the area of parent support and education. There were very few materials reviewed that did not meet this criterion.

2. Sanctions psychological or physical abuse. Obviously the panel wanted parent education materials to be marked "no" for this criterion. Few materials needed to be marked "yes." Where materials were marked "yes," we concluded that the omission of necessary information, or portrayal of autocratic parenting practices with limited respect for child input created the potential for psychological abuse.

3. Appreciates diversity in family structure and functions. This criterion was marked "yes" if single-parent families, three-generational families, blended families, etc. were acceptably and openly included in the portrayal of families.

4. Appreciates diversity in ethnicity. The review panel felt strongly that this should not simply mean the inclusion of people of minority ethnic cultures in the program, but that the richness of cultural diversity and the variety of traditions and values that such diversity represents was respected and reflected in a positive light.

5. Appreciates diversity in social class. The panel felt it was important to portray the realities of families with a variety of incomes and family resources. Materials are rated positively on this criterion if the practices and values of different social classes are presented in a way that promotes tolerance and respect, and if materials contain realistic suggestions for problem solving.

Cost

Cost figures are always changing. People interested in ordering materials should check directly with the publishing sources. Costs in this book were obtained in April 1992.

Date of Publication

Most materials reviewed were published within the last decade. Older materials included in the reviews are materials excellent in quality, and widely used. They have stood the test of practice and are recommended by a variety of professionals.

Summary of Criterion Process

This guide is the result of a two-year process of developing standards for evaluation and then using those standards to judge the parent education materials listed here.

Subcommittees evaluated materials that had been categorized by target audience (all parents, parents at specific ages/stages, and parents with special needs). Each subcommittee dealt specifically with one target group. A numerical ranking was assigned to each curriculum for use by parents or professionals. Numerical scores are meant to indicate thoughtful, professional judgments about the quality of the materials and do not imply an outright recommendation or endorsement of specific parenting programs. In all cases, ratings are a mean of the scores given by subcommittee members.

After completing this extensive review process, the members of the Curriculum Review Panel believe that there are a number of high quality parenting materials available; however, there are also poor quality materials or materials inappropriate for a particular audience. The five fundamental criterion we selected creates a minimum standard against which materials can be evaluated in order to meet the needs of all parents and professionals.

Additionally, while we understand the constraints of budget, we believe that cost should be only one criterion used to evaluate materials. A particular audience may be best served by a curriculum that is beyond the initially planned budget for an organization or parenting event. When this is true, the users of this book may wish to think seriously about obtaining additional funds in order to have more appropriate materials. On the other hand, the cost factor alone should not be seen as indicating quality. Materials developed with the financial support of various agencies or private enterprise may be less expensive than those being marketed by private publishing companies needing to maintain a profit. It is important for the user to view materials and ask a number of questions about the quality and the content of the material as appropriate for their audience before they let themselves be influenced by price alone.

QUICK REFERENCE FOR PARENTING CURRICULA

CURRICULUM CATEGORIES
GP - General Parenting
A/S - Different Ages & Stages of Parenting
SF - Special Focus Parenting

PROGRAM FORMAT OF MATERIALS
LR - Leader Required
LE - Leader Could Enhance Process
SS - Self-Study

MEDIA FORMAT
V- Video
B - Book
TM - Teacher Manual
PM - Parent Manual
S/F - Slides/film
AC - Audio cassette
W/B - Workbook

RATINGS
1 - Low
10 - High
NAR - Narrative
N/A - Not applicable

	Target Group	Quality for Parent Self-Study	Quality for Professional Use	Length of Program	Program Format	Media	Congruent with existing Human Development principles & practice	Sanctions psychological or physical abuse	Appreciates diversity in family structure & functions	Appreciates diversity in ethnicity	Appreciates diversity in social class	Cost as of April 1992	Date of publication
A Child In Your Life	GP A/S SF	N/A	9.5	30 min each	LE;SS	V;PM	yes	no	yes	yes	yes	$15 each	88
Active Parenting	GP	7	10	16 hrs	LR; SS	V;TM; PM;B	yes	no	yes	no	no	$295 $9.95	83
Active Parenting Of Teens	GP	5	7	12 hrs	LR; SS	V;TM; PM	yes	no	yes	no	no	$295	90
Boys Town - Videos For Parents	GP SF	9	9	10-16 min ea	LE;SS	V;TM; PM	yes	no	yes	yes	yes	$20 each	90
Child Abuse: A Global Crisis	SF	9	9	28 min	LE;SS	V	yes	no	yes	yes	yes	$6	89
Choices & Consequences	SF	6	7	28 min	LE;SS	V	yes	no	yes	yes	yes	$495	87
Choices & Consequences	SF	5.0	10	155 pp	SS	B	yes	no	yes	yes	yes	$9.95	87
Cooperative Communication Between Home And School	SF	N/A	9	6 wks 2.5 hrs	LR	WB;TM PM	yes	no	yes	yes	yes	$30	83
Developing Capable People	GP	N/A	8.5	60 min ea	LR	V;TM; WB	yes	no	yes	no	no	See NAR	89
Early Childhood STEP (Systematic Training For Effective Parenting)	A/S	8.5	9	18 hrs	LR; SS	V;TM; PM;WB	yes	no	yes	no	yes	$160	90
Effective Black Parenting	A/S GP SF	N/A	9.0	15 wks 2 hrs	LR	V;B;TM; PM	yes	no	yes	yes	yes	$795	85
The Employed Parent	SF	N/A	8	open	LR	WB	yes	no	yes	yes	yes	$30	84
Families In Focus	GP	8	9.5	open	LE;SS	AC;WB	yes	no	yes	no	no	$100	86

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Families In Touch	GP A/S SF	10	10	open	SS	B	yes	no	yes	yes	yes	$5 each	89
Family Times	GP	9	8.5	open	LE;SS	WB	yes	no	yes	yes	yes	$9	87
Get Involved Before Your Kids Do	GP A/S SF	N/A	9	3 hrs	LR	V/TM; PM	yes	no	yes	yes	yes	free	87
Has Anybody Seen Phil?	A/S SF	6.5	8	1-2 hrs	LR	V;TM	yes	no	yes	no	no	free	89
Help Me! I'm Growing Up	A/S	8.5	8.5	1 hr	LR	V;AC; WB;PM; TM	yes	no	yes	yes	yes	$76	89
Keeping Your Family Drug Free (Renamed: Families for Prevention	A/S SF	7.5	7	30 min	SS	V;PM; TM	yes	no	no	yes	no	$995	89
New Beginnings	SF	4.5	9.5	30 min	LR	V;AC; TM;PM	yes	no	yes	yes	yes	$285	88
Not Me	SF A/S	7.5	10	40 min	LR	V	yes	no	yes	no	no	free	88
Nurturing Program	A/S	4	8	15 wks 2 hrs	LR	V;TM; WB;PM	yes	no	yes	yes	yes	See NAR	83
On Base	GP	9.5	9	open	LE;SS	PM	yes	no	yes	yes	yes	$16	88
Parent To Parent	GP SF	8	8.5	8 wks 2 hrs	LR	V;AC; TM	yes	no	yes	yes	yes	$6000	88
Parenting For Prevention	SF	8	10	197 pp	LE;SS	B	yes	no	yes	yes	yes	$9.95	86
Parenting On Your Own	A/S	6	6	open	SS	WB	yes	no	yes	yes	yes	$15	86
Parentmaking	A/S	N/A	9.5	open	LR	B	yes	no	yes	no	no	$24	83

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CURRICULUM CATEGORIES
GP - General Parenting
A/S - Different Ages & Stages of Parenting
SF - Special Focus Parenting

PROGRAM FORMAT OF MATERIALS
LR - Leader Required
LE - Leader Could Enhance Process
SS - Self-Study

MEDIA FORMAT
V- Video
B - Book
TM - Teacher Manual
PM - Parent Manual
S/F - Slides/film
AC - Audio cassette
W/B - Workbook

RATINGS
1 - Low
10 - High
NAR - Narrative
N/A - Not applicable

	Target Group	Quality for Parent Self-Study	Quality for Professional Use	Length of Program	Program Format	Media	Congruent with existing Human Development principles & practice	Sanctions psychological or physical abuse	Appreciates diversity in family structure & functions	Appreciates diversity in ethnicity	Appreciates diversity in social class	Cost as of April 1992	Date of publication
Parents With Careers	SF	8	8.5	6 hrs	LE;SS	V;TM; PM	yes	no	yes	yes	yes	$130	90
Peer Pressure Reversal	GP SF	9.5	10	185 pp	LE;SS	B	yes	no	yes	yes	yes	$9.95	85
Preparing For The Drug (Free) Years	A/S GP SF	6.5	9	10 hrs	LR; SS	V;WB; TM;PM	yes	no	yes	yes	yes	$350	85
Raising Self-Reliant Children In A Self-Indulgent World	GP	8	7.5	243 pp	LE;SS	B	yes	no	yes	yes	yes	$9.95	89
Responsive Parenting	GP	8	7	18 hrs	LR	AC;TM; PM	yes	no	yes	yes	yes	$110	84
School And Home Enrichment Program For Severely Handicapped Children	SF	10	10	open	LE;SS	WB	yes	no	yes	yes	yes	$75	83
Scriptographic Booklets	GP SF	10	10	brief	SS	B	yes	no	yes	yes	yes	See NAR	86>
STEP (Systematic Training for Effective Parenting)	GP	8.5	10	18 hrs	LR	V;B; PM;TM	yes	no	yes	yes	yes	See NAR $265	76
Strengthening Stepfamilies	SF	6	10	13 hrs	LR	AC;TM; PM;WB	yes	no	yes	yes	yes	$125	86
Stress And The Healthy Family	GP A/S SF	6	6	55 min	LE;SS	V;WB	yes	no	yes	yes	yes	$90	88
Teaching Parenting	GP A/S	N/A	10	14 hrs	LR	TM	yes	no	yes	yes	yes	$30	90
Traits Of A Healthy Family	GP	6	5	55 min	LR	V	yes	no	yes	yes	yes	$100	88
Young People In Crisis	A/S	7	7	30 min	LE;SS	V	yes	no	yes	yes	yes	$275	87
You've Got To Be Kidding	A/S	N/A	5.5	8 hrs	LR	V;TM	no	no	yes	yes	yes	$2400	85

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NARRATIVES
for parenting curricula

NARRATIVES

Included in the narratives is information that can guide a user to more specific selection of programs. All programs are listed alphabetically in the narrative section following the same order as they appear in the grid. The first entry in the narrative is a **brief abstract** of the content and objectives of the program. The section entitled **program format** gives a more indepth listing of the kind of materials and the probable conditions under which they might appropriately be used. Included in this section is information about the content covered in the program. The **rating** for general parent use and professional use is self-explanatory and taken directly from the grid. The **program package** lists all items which come in the set of materials by that title. **Ordering information** has been confirmed as of April, 1992. If users find errors in this information, we greatly appreciate hearing from you.

The final entry in the narrative section is entitled **Reviewer's Notes**. These notes were written by the persons responsible for reviewing and contain an overall sense of the program or special instructions for your consideration as you make a program selection. In cases where it was felt that a program was uniquely appropriate for one audience, but would not be appropriate for general use, the reasons for this rating were elaborated in the reviewers' notes.

In all cases, information is held in our review files that is more extensive than has been included in this document. If you need further explanations or would like to informally discuss your potential use of any of the curriculum listed, please call the ParentLink Connection Center staff at 1-800-552-8522.

A CHILD IN YOUR LIFE developed by Purdue University

This series of five videos shows parents of all ages how to deal with parental stress. Parents will learn how to develop support systems. The videos show parents' behaviors typical of young children and help parents develop reasonable expectations, and positive discipline techniques.

Program Format: Video tapes accompanied by parent booklet. Videos:

I. Come Play With Me
II. Help Me Make It Through The Day
III. Why Won't You Behave
IV. My, How You've Grown
V. With A Little Help From My Friends
VI. Time to Eat (See Reviewer's Note)

Target Group: Originally developed for teen parents, but also appropriate for new parents and low-income parents of any age.

Rating for General Parent Use: N/A

Rating for Professional Resource Use: 9.5

Program Package:

Video (six, 30-minutes each)
Parent Booklet

Ordering Information:

Purdue University
Bursar's Office
Frederick L. Houde House of Administration
West Lafayette, Indiana 47907
317-494-6794

Cost: $15 each

Reviewer's Note: Rare set - highly recommend. Good to use with low-income families. "Time to Eat" tape from this series has some inaccurate information according to nutrition and human development specialists. We do not recommend its use.

ACTIVE PARENTING by Michael Popkin

Active Parenting, based on the work of Alfred Adler and Rudolf Dreikurs, brings parents together for discussions based on the issues raised in the program's videos and homework assignments. Focus of program is communication, building self-esteem, decision-making, and family strengths.

Program Format: Groups of 10-20 parents meet 1-1/2 to 2 hours weekly, for six weeks. Participation in all sessions is recommended. Topics covered:

I. The Active Parent
II. Understanding Your Child
III. Instilling Courage
IV. Developing Responsibility
V. Winning Cooperation
VI. The Cooperative Family in Action

Target Group: Middle/Upper Middle Class Professional Families

Rating for General Parent Use: 7

Rating for Professional Resource Use: 10

Program Package:

Promotion Guide
Posters
Videotapes
Parent Action Guide
Brochures
Leader Guide
Parent Handbook

Ordering Information:

Active Parenting
810 Franklin Court, Suite B
Marietta, Georgia 30067
1-800-825-0060

Cost: $295.00

Companion book of same title is available for $9.95.

ACTIVE PARENTING OF TEENS by Michael H. Popkin

Active Parenting of Teens is a continuation of theory and skills found in the original Active Parenting Program. Discussion groups are implemented through the use of teen-specific videos, narrated by actor Dick Van Patten. Issues specifically addressed include drugs, peer pressures, and teen sexuality.

Program Format: Best facilitated by a trained group leader. Small groups, consisting of 10-20 parents, meet for 1-1/2 to 2 hours for six weeks. Topics covered:

I. The Active Parent
II. Instilling Courage and Self-Esteem
III. Developing Responsibility Through Discipline
IV. Winning Cooperation Through Communication
V. The Challenge of Alcohol and Other Drugs
VI. Parenting and Teen Sexuality

Target Group: Middle/Upper Middle Class Professional Parents

Rating for General Parent Use: 5

Rating for Professional Resource Use: 7

Program Package:

Video Cassettes
Parent Guide
Brochures
Leader Guide
Preview Tape
Posters

Ordering Information:

Active Parenting
810 Franklin Court, Suite B
Marietta, Georgia 30067-9085
1-800-825-0060

Cost: $295.00

Reviewer's Note: Because of the reading level of this material, a high school degree is needed. The parent materials require a high amount of self-directed learning. The sections on leadership skills and handling of difficult situations are inadequate for lay persons, thus requiring a skilled facilitator. Issues dealing with parent-child interactions are presented with flip overacting and disregard for the seriousness of the issue. Promotional materials are not developmentally appropriate, and present the teen in a condescending light.

BOYS TOWN - VIDEOS FOR PARENTS developed by Kiedel Enterprises

The series covers topics from self-esteem and peer pressure to making sure teens and preteens do their homework and help around the house. The tapes use dramatic, true-to-life vignettes to illustrate key parenting issues. A booklet accompanies each video.

Program Format: Each video tape is 10-16 minutes long, accompanied by an information booklet. The series of eleven videos are:

I. **A Change For The Better! Teaching Correct Behavior** - helps parents deal with frustration regarding the behaviors of children and teens. Besides stopping children from acting the "wrong" way, this video shows parents how to teach kids a more appropriate behavior. (11 minutes)

II. **I Can't Decide! What Should I Do?** - offers a method for helping youngsters think through problems and explore solutions. The process is simple and gives children and teens a way of thinking about big and little decisions that will help them into adulthood. (15 minutes)

III. **Catch 'Em Being Good! Happier Kids, Happier Parents Through Effective Praise** - shows parents how to concentrate on the good things their children are doing and make everyone happier in the process. By following the natural inclination to point out children's mistakes, many parents miss opportunities to improve their children's behavior and their mutual relationship. (10 minutes)

IV. **Homework? I'll Do It Later!** - is for parents whose child or teen seems to have time for everything but homework. Specific examples of how to deal with excuses, provide structure, communicate with the school and with the family. (16 minutes)

V. **You Want Me To Help With Housework? No Way** - presents a means to teach children to contribute by helping around the house. Parents will learn how having children share in household responsibilities builds self-esteem and gives today's busy parents more time to enjoy their family. (14 minutes)

VI. **Setting Your Child Up For Success! Anticipating And Preventing Problems** - shows parents how to help their children be more successful in daily situations. Parents will learn how to teach children to plan ahead. (12 minutes)

VII. **It's Great To Be Me! Increasing Your Child's Self-Esteem** - suggests practical ways parents can boost their child's developing self-esteem. A healthy sense of self-esteem can help a youth stay out of trouble, be a better student and be more creative. Parents will learn how a child's self-esteem can be enhanced. (12 minutes)

VIII. **I'm Not Everybody! Helping Your Child Stand Up To Peer Pressure** - tackles a problem that concerns many parents - how to make sure their children will make responsible decisions in high pressure situations with friends. Parents will learn steps they can take to prepare their children to deal with peer pressure. (12 minutes)

IX. **No, I Won't And You Can't Make Me!** - offers a method for handling children and teen defiance and temper flare-ups. Based on the principles used at BOYS TOWN, this video shows parents how to improve their relationship with their child, control their own anger, and help an angry youngster calm down. (13 minutes)

X. **Take Time To Be A Family! Holding Successful Family Meetings** - demonstrates how a weekly meeting can improve communication and planning within the family. It explains how to use these meetings to build your children's decision-making skills and enhance their level of responsibility. (10 minutes)

XI. **Negotiating Within The Family! You And Your Child Can Both Get What You Want** - parents learn to use a written contract to help their children learn to set achievable goals. Research-based discussion of goals and successful achievement. (14 minutes)

Target Group: Parents, educators, and counselors of adolescents.

Rating for General Parent Use: 9

Rating for Professional Resource Use: 9

Program Package:

Video (eleven, 12-16 minutes each)

Ordering Information:

BOYS TOWN
Public Service Division
Boys Town, Nebraska 68010
402-498-1580

Cost: $20.00 each
$199.00 set of 11 videos

Reviewer's Note: A unique and useful format for presenting a variety of parenting issues. Easy-to-use series that encourages discussion after a brief media presentation.

CHILD ABUSE: A GLOBAL CRISIS developed by The Church of Jesus Christ of Latter-day Saints

This video traces the history of child abuse back to early civilization, and it brings to light the epidemic proportion of child abuse in today's world. Experts in the field of Human Development provide definitions of the various forms of child abuse and neglect. Specific suggestions to prevent child abuse, as well as ideas of "time out" for parents are given in a clear, concise manner.

Program Format: Video presentation

Target Group: Parents and professionals working with parents.

Rating for General Parent Use: 9

Rating for Professional Resource Use: 9

Program Package:

Video (28-minutes)

Ordering Information:

Salt Lake Distribution Center
1999 W. 1700 South
Salt Lake City, Utah 84104-4233
1-800-537-5950

Cost: $6.00

CHOICES AND CONSEQUENCES by Dick Schaefer

Companion piece to book of same title. This 28-minute video shows actual teen drug use, and presents a clear, concise discussion of the consequences of drug use. Intervention and treatment of substance abuse is presented.

Program Format: Video presentation

Target Group: Parents of teens and teens

Rating for General Parent Use: 6

Rating for Professional Resource Use: 7

Program Package:

Video (28-minutes)

Ordering Information:

Kinetic Inc.
255 Delaware
Suite 340
Buffalo, NY 14202
716-856-7631

Cost: $495.00

CHOICES AND CONSEQUENCES by Dick Schaefer

This book for parents, teachers, and administrators outlines a step-by-step process that can be used to arrest a teenager's chemical dependence at the experimental or addicted stage.

The book addresses three topics: 1) Learning about Teenage Chemical Dependence, 2) Intervening with Teenagers in Trouble with Alcohol/Drugs, and 3) Resources.

Program Format: Print material

Target Group: Anyone concerned about teenage drug/alcohol use

Rating for General Parent Use: 5

Rating for Professional Resource Use: 10

Program Package:

Book (155 pages)

Ordering Information:

ETR Associates
P.O. Box 1830
Santa Cruz, CA 95061
1-800-321-4407

Cost: $9.95

COOPERATIVE COMMUNICATION BETWEEN HOME & SCHOOL
developed by Cornell University

This workshop was developed as part of a program in community development and family support. Issues addressed: building trust and strengthening families, developing community resources and support networks, improving family-school relationships, finding activities for families to do together, and helping the family and school to develop better understanding.

Program Format: Workship is a series of six, 2-1/2 hour parent sessions, or could be used as a two-day teacher workshop.

Target Group: Teachers and parents of young children

Rating for General Parent Use: N/A

Rating for Professional Resource Use: 9

Program Package:

Facilitator Manual
Inservice Education Program for Elementary School Teachers
School Administrator Role
Workshop Series

Ordering Information:

Cornell Family Matters
Cornell University
7 Research Park
Ithaca, NY 14850
607-255-2531

Cost: $30.00

Reviewer's Note: Program also has a supplemental teacher manual for Spanish speaking populations ($12.00).

DEVELOPING CAPABLE PEOPLE by Stephen Glenn

This series consists of five video tapes, one hour each, that are companion pieces to Stephen Glenn's book **Raising Self-Reliant Children in a Self-Indulgent World**. Each tape may be purchased individually or as a set.

Program Format: The five video tapes are for use in a leader guided workshop setting. The five videos included are:

I. **Introduction To Developing Capable People** - examines the many societal changes that affect the way young people learn life skills. Alternatives are examined and considered.

II. **What They See Is What You've Got: Five Keys To Working With Perception** - learning to develop and/or improve the ability to work with the perceptions that set the stage for attitude, motivation, and behavior is the focus of this video.

III. **Empowering Others: Ten Keys To Affirming And Validating People** - looks at behaviors that build a family's self-esteem, confidence, trust and closeness. Also looks at behaviors that detract from these building blocks of a healthy family.

IV. **The Greatest Human Need** - video provides an opportunity to explore the process of finding the meaning of life and one's place in it. How others can influence that by their affirmation skills is discussed.

V. **Six Steps To Developing Responsibility** - utilizing a functional model for teaching responsible behavior, this video discusses establishing consequences in the home.

Target Group: Parents

Rating for General Parent Use: N/A

Rating for Professional Resource Use: 8.5

Program Package:

Video (5)
Teacher Manual
Workbook

Ordering Information:

Sunrise Books, Tapes, & Videos
P.O. Box B
Provo, UT 84603
1-800-456-7770

Cost: Package: Videos (5) $240.00
Teacher Manual & Workbook $85.00

Reviewer's Note: The organization of each video is not clear or well developed. Because of the format, the videos must be leader presented. The content contains excellent information and principles, but innumerable asides and personal vignettes lead to key information getting lost. Sixty minutes of constant monologue is too long. Content of each would be better utilized in a 20-minute tape. Basic content is present in concise form in the companion book Raising Self-Reliant Children in a Self-Indulgent World.

EARLY CHILDHOOD STEP (Systematic Training For Effective Parenting)

by Don Dinkmeyer, Gary D. McKay, & James S. Dinkmeyer

Early Childhood STEP (Systematic Training for Effective Parenting) is a program for parents of young children. The program shows parents how to use the principles and techniques in STEP with babies, toddlers, and preschoolers.

Program Format: The workshop format typically lasts 1-1/2 to 2 hours for seven sessions. Reading from the book Parenting Young Children, and video presentations are the catalysts for group discussions and skill building. The program's seven sessions are:

I. Understanding Young Children
II. Understanding Young Children's Behavior
III. Building Self-Esteem in the Early Years
IV. Communicating With Young Children
V. Helping Young Children Learn to Cooperate
VI. Effective Discipline
VII. Nurturing Emotional and Social Development: Crying, Tantrums, Fears, Toilet Training, Honesty, and More.

Target Group: Parents of children birth to age five

Rating for General Parent Use: 8.5

Rating for Professional Resource Use: 9

Program Package:

Leader Manual
Video (60-minutes)
Discussing Guidelines Poster
Parenting Young Children
Publicity Packet
Certificate of Participation

Ordering Information:

American Guidance Service
P.O. Box 99, Publishers' Building
Circle Pines, MN 55014-1796
1-800-247-5053

Cost: $160.00

Reviewer's Note: Excellent program to help parents with young children develop a basic understanding of parenting. By adopting the use of these principles, parents help increase the self-esteem of their children, as well as themselves, throughout life. The video content is clear and excellent. Volunteer leaders can be used, as stated by the training manual, but it would be more appropriate if those involved as leaders had some background with the topic.

EFFECTIVE BLACK PARENTING by Kerby Alvy

Using a positive, ethnically sensitive approach, the program provides an opportunity for black parents to learn and relearn parenting skills. The program promotes informal discussions among family members as a way to process major family issues. Topics include raising children in single-parent families and preventing childhood drug use and abuse. Child abuse in relation to ethnic issues is also discussed. It is important to note the program is written for African-American audiences, and ethnic heritage is stressed throughout.

Program Format: During the 15-week program (one 3-hour session per week), parents are guided by a skilled leader through the following topics:

I. The Pyramid of Success for Black Children
II. Modern Black Self-Discipline
III. The Thinking Parent's Approach
IV. Family Rule Guidelines

Target Group: African-American Parents

Rating for General Parent Use: N/A

Rating for Professional Resource Use: 9.0

Program Package:

Instructor Manual ($150)
Parent Handbook ($15)
Instructor Transparencies ($110)
Promotional Video ($15)
Promotional Flyers ($8)
Graduation Certificates ($5/25)
Effective Black Parenting: A Review and Synthesis of Black Perspectives ($12.95)
Black Parenting: Strategies for Training ($19.95)

Ordering Information:

Center for the Improvement of Child Caring
11331 Ventura Blvd., Suite 103
Studio City, CA 91604
818-980-0903

Cost: $795.00 (Cost of training instructor. Materials included.) Cost of individual materials is quoted following the specific instructional material.

Reviewers' Note: Overall a strong program. The recommended readings are important to fully appreciate the parenting program. Some statistics may be dated. Portions of program would be valuable for other parenting groups. Positive and encouraging in tone. Would recommend an African-American person for facilitating the training. A unique strength of this program is that each session can stand alone and participation on a variety of schedules is possible.

THE EMPLOYED PARENT developed by Cornell University

"The Employed Parent" is a workshop series to help parents prepare for employment. The program is suitable for use in job-training programs, displaced homemaker groups, and with teenage and single parents. Skills developed include time management, expanding one's support network, evaluating child care options, and gaining family members' cooperation.

Program Format: Workshop session guided by a skilled leader

Target Group: Special Focus Parenting (Parents entering or reentering the workplace.)

Rating for General Parent Use: N/A

Rating for Professional Resource Use: 8

Program Package:

Facilitator Manual
Workshop Session Book

Ordering Information:

Cornell Distribution Center
7 Research Park
Ithaca, NY 14850
607-255-2531

Cost: $30.00

FAMILIES IN FOCUS developed by Cottage Program International

Families in Focus provides a prevention program for many of the problems faced by today's youth. Families who deal with problems in areas such as family communication, decision making and values, can reduce the risks of drug and alcohol abuse, teen pregnancy, suicide, and runaways.

Program Format: Families in Focus employs two methods of delivery; 1) in-home family meetings; and, 2) small, group workshops. Meetings are usually set two weeks apart and continue for approximately one year. The program addresses seven key areas of healthy family functioning. Through self-evaluation, families agree upon goals on which they wish to work. They are:

I. Family Fun
II. Family Decisions
III. Family Pride
IV. Family Values
V. Family Feelings
VI. Family Communication
VII. Family Confidence

Target Group: Parents of children birth through teen years.

Rating for General Parent Use: 8

Rating for Professional Resource Use: 9.5

Program Package:

Audio Cassette
Workbook

Ordering Information:

The Cottage Program International
736 South 500 East
Salt Lake City, Utah 84102
1-800-752-6100

Cost: $100.00

FAMILIES IN TOUCH by Joanne Barbara Koch

Families In Touch reasserts parents as the most important and influential persons in a child's life. Educating parents and encouraging open family communication are the first steps toward preventing substance abuse, premature sexual activity, and AIDS.

Program Format : Six, 50-page booklets. Booklets are targeted for specific age groups and are divided into two categories per group. One booklet is addressed to parents, with specific information for that child's age group, and the second booklet is activities for children and parents to do together. An instructor's guide and journals for self-expression are available. Categories and divisions:

I. Getting in Touch With Your Child (ages 5-7)
II. Getting To Know Me (ages 5-7)
III. Growing Up (ages 8-10)
IV. I'm Growing Up (ages 8-10)
V. Staying in Touch (ages 11-15)
VI. Older, But Not Old Enough (ages 11-15)
VII. Instructor Guide
VIII. Journals

Target Group: Parents of children 5-15 years old

Rating for General Parent Use: 10

Rating for Professional Resource Use: 10

Program Package:

Children Booklets (3)
Parent Booklets (3)

Ordering Information:

Parents In Touch Project
343 Dodge Ave.
Evanston, IL 60202
708-864-5660

Cost: $10 per set (1 parent book, 1 child book)
$5 per journal
Free Teacher guide with 30 journals ordered.
(discount on quantity orders)

Reviewer's Note: This material is widely used by school systems because it reinforces the idea of parent as educator. Self-esteem, sexuality, as well as drug and alcohol abuse prevention are covered. The program offers continuity throughout. The program demands that the parent read the material before sharing it with their children. The program is sequential and each booklet builds on the previous one.

FAMILY TIMES developed by 4-H Youth Development & Family Living Programs, University of Wisconsin-Extension

This activity book can be used as a self-study, but is more appropriate for "natural" groupings of families such as churches, service clubs, 4-H families, etc. It allows a family to take inventory of strengths and weaknesses, to decide together what the family wants to become, and to work toward those goals. Building and maintaining a family takes time and commitment. By working together, family members can learn to make decisions and show each other that they care. The activities teach a sense of pride and loyalty in the family and the community.

The primary goal of "Family Times" is to allow each family to find joy and strength in their own unique family.

Program Format: Workbook (video is available)

Target Group: Parents of children wishing to improve communication skills.

Rating for General Parent Use: 9

Rating for Professional Resource Use: 8.5

Program Package:

Workbook

Ordering Information:

Wisconsin Clearinghouse
P.O. Box 1468
Madison, Wisconsin 53701
1-800-322-1468

Cost: $9.00 (book)
$75.00 (video)

GET INVOLVED BEFORE YOUR KIDS DO developed by Aid Association for Lutherans

This program, developed and promoted nationally by the Aid Association for Lutherans, uses a parent handbook and the video "Drug Free Kids." The video helps parents who suspect their child is using drugs or who are concerned about being prepared. Experts in drug and alcohol abuse offer sensible guidelines on how parents can confront dangerous behavior while maintaining open communication. A parent handbook supplements the video with activities and discussion questions that may be used in a two-session presentation.

Program Format: Workshop setting of maximum 20-25 parents. Program may be implemented in one or two sessions.

Target Group: Parents of preteens and teens.

Rating for General Parent Use: N/A

Rating for Professional Resource Use: 9

Program Package:

Video (70-minutes)
Leader Guide
Parent Handbook
Promotional Materials

Ordering Information:

Contact local office of:
Aid Association for Lutherans, or
Wisconsin Publishing House
4321 North Ballard Road
Appleton, Wisconsin 54919-0001
(You will be given information on the *state* contacts who handle local ordering and plan joint promotions.)

Cost: Free

"Drug Free Kids" (Video included in "Get Involved...")

Cost: $29.95

ETR Associates
P.O. Box 1830
Santa Cruz, CA 95061-1830
1-800-321-4407

Reviewer's Note: Excellent reinforcement for communication with parents in realistic situations with young adolescents and 16-17 year olds. Because it stages situations and lets you practice - it reinforces skills. It allows families to reflect on their own values and rules and plan together, not ignoring parental substance use.

HAS ANYBODY SEEN PHIL? by Michael Paseornek

This video, showing a depressed teen who briefly leaves home, emphasizes the need for open communication between parents and children. The video can be used as a discussion-starter for parents and teens. It focuses on what is really important to teens, not just parent concerns.

Program Format: Video presentation

Target Group: Parents and teachers of adolescents

Rating for General Parent Use: 6.5

Rating for Professional Resource Use: 8

Program Package:

Video (30-minutes)
Leader Discussion Guide

Ordering Information:

J.C. Penney
Golden Rule
Public Affairs Department
P.O. Box 659000
Dallas, Texas 75265-9000
(No longer available. Borrow from Extension or ParentLink Connection Center.)

Cost: Free

HELP ME! I'M GROWING UP by Christine Nelson & Janet Olson

This video is a training program for professionals who work with adolescents. The authors are shown leading a group discussion of topics relevant to families with adolescents. Support materials help parents reflect on normal developmental issues and positive attributes of preteens.

Program Format: Workshop setting, or one or two sessions.

Target Group: Parents of adolescents

Rating for General Parent Use: 8.5

Rating for Professional Resource Use: 8.5

Program Package:

Video
Audio Cassette
Parent Workbook
Resource Manual

Ordering Information:

MSU Bulletin Office
Rm. 10B - Agriculture Hall
East Lansing, MI 48824
517-353-6740

Cost:

Video - $40.00 (4H0203VT)
Parent Workbook - $3.00 (4H0364VT)
Audio Cassette - $5.00 (4H1455)
Resource Manual - $28.00 (4H1483)

When ordering, please include reference number (in parentheses).

KEEPING YOUR FAMILY DRUG FREE (Renamed: **FAMILIES FOR PREVENTION**) developed by Woodmen of the World Life Insurance Society

This program consists of a video for parental viewing. A personal inventory, which reflects attitudes toward alcohol and other drug use, is introduced. The program is designed to be used in elementary schools, with children borrowing the video, taking it home, parents viewing, and a family discussion on alcohol and other drug use following.

Program Format: One evening in an individual family home, viewing the video, with family discussions following.

Target Group: Families with elementary-age children.

Rating for General Parent Use: 7.5

Rating for Professional Resource Use: 7

Program Package:

Video Tapes (30)
Audio Tapes (8)
Parent Handbook
Parent Questionnaires (500)
Teacher Guides(5)
Posters (5)

Ordering Information:

Experience Education
4944 S. 114th St.
Omaha, Nebraska 68137
402-592-9518

Cost: $995

Reviewer's Note: The structure of the video is open-ended. However, it is an innovative approach in getting materials into the home. Note: price includes materials for 500 participants.

NEW BEGINNINGS by Don Dinkmeyer, Gary D. McKay, & Joyce L. McKay

New Beginnings addresses the needs of today's single and stepfamily parents. The program encourages participants to share personal experiences while building a support system within the group.

Program Format: The workshop format is designed to be presented in eight sessions. Sessions covered:

I. Issues in Single and Stepfamily Parenting
II. Self-Esteem
III. Relationships and Behavior
IV. Personality and Emotional Development
V. Communication Skills
VI. Decision Making
VII. Discipline
VIII. Personal & Family Challenges

Target Group: Single Parents and Stepfamilies

Rating for General Parent Use: 4.5

Rating for Professional Resource Use: 9.5

Program Package:

Video (30-minutes)
Video Discussion Guide
Parent Manual
Audio Cassettes
Leader Manual

Ordering Information:

Research Press
Dept. E
Box 3177
Champaign, Illinois 61826
217-352-3273

Cost: $9.95 Parent Manual
$65.00 Audio Cassettes plus Leader Manual
$285.00 curricula package

NOT ME by Joan Vail Thorne

"Not Me" is a videodrama about crack/cocaine abuse among teenagers. The film is not intended to provide solutions. Rather, it encourages viewers to discuss and devise their own solutions to the societal pressures that teens face today.

Program Format: Video presentation

Target Group: Educators and parents of teens

Rating of General Parent Use: 7.5

Rating for Professional Resource Use: 10

Program Package:

Video (40-minutes)
Discussion Guide

Ordering Information:

Plays for Living
JC Penney
P.O. Box 659000
Dallas, Texas 75625-9000

Cost: Free

Reviewer's Notes: Excellent drama of teen peer pressure and use/abuse of crack/cocaine. Teen portrayal includes middle-class African-American and Caucasian teens. The purposes are discussion and promotion, increased awareness, and heightened individual understanding of the issue.

NURTURING PROGRAM by S.J. Bavolek, C. Comstock, & J.D. Bavolek

The Nurturing Programs help parents and children of all ages learn to communicate in a healthy, positive way. All family members are involved in activities that focus on building a positive regard for self and others.

Each of the five Nurturing Programs has been extensively evaluated. Pre-test and post-test data have been gathered to assess the program's effectiveness.

Program Format: The Nurturing Program may be used in either a home-based, or group-based format. The number of sessions varies according to the format selected. The five programs, with the group-based time commitment, are:

I. Nurturing Program for Parents & Children Birth - Five Years
Twenty-three sessions, 2-1/2-hours each

II. Nurturing Program for Parents & Children - 4-12 Years
Fifteen sessions, 2-1/2 hours each

III. Nurturing Program for Parents & Adolescents
Twelve sessions, 3 hours each

IV. Nurturing Program for Teenage Parents & Their Families
Forty sessions, 1-1/2 hours each

V. Nurturing Program for Parents with Developmental Disabilities & Their Children
Fifteen sessions, 2 hours each

Target Group: Professionals and paraprofessionals working in mental health, social work, education, and parenting education.

Rating for General Parent Use: 4

Rating for Professional Resource Use: 8

Program Package:

Implementation Manual
Activity Manuals for Parents
Activity Manuals for Children
Parent Handbooks
Video
Games
Promotional Materials

Ordering Information:

Family Development Resources Inc.
3160 Pinebrook Rd.
Park City, Utah 84060
801-649-5822

Cost: $1,286.95 Birth - Five
$886.95 Four - Twelve
$810.00 Adolescents
$1,187.95 Teenage Parents
$343.95 Developmental Disabilities
(5% discount applicable if complete program is purchased)

Reviewer's Note: This program requires an extended time commitment from parents. The material is better suited as a course taken for credit. The length of the program would make it difficult to use with a parent group. Materials are thorough and accurate for professional use.

ON BASE by Barbara Friedman & Cheri Brooks

This parent handbook is a good, basic program dealing with self-esteem, and how to develop self-esteem in children.

Program Format: Parent handbook

Target Group: Parents of newborns to 18-year-olds, child care providers, teachers, and significant others in a child's life.

Rating for General Parent Use: 9.5

Rating for Professional Resource Use: 9

Program Package format:

Book

Ordering Information:

Westport Publishers, Inc.
4050 Pennsylvania Avenue
Kansas City, Missouri 64111
1-800-347-BOOK

Cost: $16.00

Reviewer's Note: This program is designed to be used by anyone, with or without parent training. The program recognizes the importance of significant others in a child's life, as well as specifically single parents and stepparents. Pages can be torn out for use. The book is organized by childrens' developmental ages.

PARENT TO PARENT by Bill Oliver

Parent to Parent is a video-based workshop to help young people avoid drug problems by giving parents the knowledge, skills, attitudes, and abilities necessary to guide their children through the high risk years.

Program Format: Parent to Parent is designed to be taught in small groups, with group interaction. Through a trained local facilitator, this program can be tailored to the needs of a specific community. The three mini-workshops are presented in eight individual segments, of two hours each. Workshops included are:

I. **The Me Within** - Presents basic information and concepts that structure the remainder of the program. Emphasizes the concept of parent-as-human and highlights strong concern for youth.

II. **P.A.R.E.N.T.** - This acronym stands for "Put yourself in the way, Awareness is your best friend, Remember the difference, Expect and inspect, Never cry alone, Take time for yourself." These are the specific parenting skills emphasized in this prevention workshop.

III. **When All Else Fails** - The intervention phase focuses on denial, provides a basis of self-diagnosis, and stresses the importance of quick action.

Target Group: Parents of teens

Rating for General Parent Use: 8

Rating for Professional Parent Use: 8.5

Program Package:

Video	Facilitator Manual	Leader Guide
Student Kits	Promotional Newsletter	Audio Tapes

Ordering Information:

PRIDE
100 Edgewood Ave. N.E., Suite 1002
Atlanta, Georgia 30303

Cost: $6,000 per trainee

Reviewer's Note: Audio tapes of the trainers' lessons can be used for self-study by parents. Materials are clear, support behavior of parents and youth, and reinforce family strengths.

PARENTING FOR PREVENTION: HOW TO RAISE A CHILD TO SAY NO TO ALCOHOL/DRUGS by David J. Wilmes

Parenting for Prevention shows parents and other concerned adults how to teach children the social skills they need to resist unhealthy peer pressure, build effective support networks, and take responsibility for their own actions. Resting on a foundation of self-esteem, these skills apply to communication, decision-making, and establishing positive behavior.

Program Format: Point material

Target Group: Parents of all ages

Rating for General Parent Use: 8

Rating for Professional Resource Use: 10

Program Package:

Book with section on Special Issues and Concerns

Ordering Information:

ETR Associates
P.O. Box 1830
Santa Cruz, California 95061-1830
1-800-321-4407

Cost: $9.95

PARENTING ON YOUR OWN: A PROGRAM FOR SINGLE PARENTS

by Robert Hughes, Jr. & Jane Scherer

This program, which could be used in a support group, is for the custodial parent who is newly divorced. Some materials are also designated for widowed or unmarried parents.

Program Format: Workbook with follow-up newsletter

Target Group: Newly divorced parents

Rating for General Parent Use: 6

Rating for Professional Resource Use: 6

Program Package:

Program handbook includes newsletters, distribution information, support aid, evaluation, and promotional materials.

Ordering Information:

University of Illinois - Urbana Cooperative Extension
Suite 1901
302 E John
Champaign, Illinois 61820
217-333-0520

Cost: $15 Program Handbook
$3 Newsletter (Set of 14)

Reviewer's Note: Program has a thoroughly developed process of disseminating material to single parents (divorced less than 2 years) that may use school, clergy and court records. Materials are not developmentally specific. Materials may also be used in a group setting and a brief discussion guide is included in the program handbook.

PARENTMAKING by R.A. Rothenberg

Parentmaking covers major topics usually raised by parents in new parenting groups such as crying and schedules, play and learning, limit setting, feeding and nutrition, socializing among children, adjusting to parenting, etc. Each topic is presented in age-divided sections and includes teaching goals, parents' common questions, sample lectures, homework and handouts. Information is presented in a "tried-and-true" fashion. Information focuses on both children and parents, emphasizing the balance necessary for the healthy growth of family.

Program Format: Workshop

Target Group: Parents of children birth - teens

Rating for General Parent Use: N/A

Rating for Professional Resource Use: 9.5

Program Package format:

Book

Ordering Information:

Banster Press
P.O. Box 7326
Menlo Park, California 94025
415-369-8032

Cost: $24.00

Reviewer's Note: This is a thorough guide for leaders, including mini-lectures, lead-off topics and questions, and resources. Excellent handouts for parents with homework that demands parents keep records of child and parent actions. Good overview of developmental milestones, appropriate activities, and suggestions. The language used in this manual assumes the audience is well educated.

PARENTS WITH CAREERS by Robecca Sager Ashery & Michele Margolin Basen

This is a program for parents trying to cope with careers and children. Practical suggestions are given for gaining control in what can feel like an out-of-control situation.

Program Format: Information is presented in vignettes for working parents:

I. Choosing Child Care
II. A Sick Child
III. Home Interference at Work
IV. Pressures on Fathers Who Travel
V. Should I Work Part Time?
VI. Interviewing for the New Job! How Honest?

Program Format: Six-session workshop program

Target Group: Parents of children birth - 5 years old

Rating for General Parent Use: 8

Rating for Professional Resource Use: 8.5

Program Package:

Video (32-minutes)
Parent Guide
Leader Guide

Ordering Information:

Active Parenting
810 Franklin Court, Suite B
Marietta, Georgia 30067
1-800-825-0060

Cost: $130

Reviewer's Note: Each of these vignettes could inspire a whole discussion of reality, values, how to cope, etc. Crosses social, class, and noethnic concerns. Excellent resource.

PEER PRESSURE REVERSAL by Sharon Scott

Peer Pressure Reversal presents a systematic approach for adults to help school-age children learn to reverse negative peer pressure. In the process of doing this, children are allowed to keep their friends while making good decisions. Excellent for substance abuse prevention. Has a companion book *How To Say No and Keep Your Friends*, to be read by young people themselves.

Program Format: Book to be read by parents, or as resource material for parenting group.

Target Group: Parents of school-age children

Rating for General Parent Use: 9.5

Rating for Professional Resource Use: 10

Program Package:

Book

Ordering Information:

Human Resource Development Press, Inc.
22 Amherst Road
Amherst, Maine 04605
1-800-822-2801

Cost: $9.95

PREPARING FOR THE DRUG (FREE) YEARS by J. David Hawkins & Richard Catalano

This comprehensive program offers fun learning activities that stress communication as the major means of substance abuse prevention. Participants "practice" during the sessions, which enables parents to better facilitate strategies at home. A vital part of the program is the inclusion of the child during a portion of the session. Children are taught how to say no and keep their friends.

Program Format: Three-day trainers' workshop at local community, five parent sessions lasting two hours each.

Target Group: Parents of 4th through 7th graders

Rating for General Parent Use: 6.5

Rating for Professional Resource Use: 9

Program Package:

Video
Workbook
Parent Manual
Leader Manual

Ordering Information:

Developmental Research and Programs, Inc.
P.O. Box 85746
Seattle, Washington 98145
206-781-0707

Cost: Call Development Research and Programs or ParentLink for cost of curriculum and training.

Reviewer's Note: Excellent research-evaluated program. Sound content.

RAISING SELF-RELIANT CHILDREN IN A SELF-INDULGENT WORLD by Stephen Glenn

This book presents the "Significant Seven" perceptions and skills necessary to help children reach their full potential.

Program Format: Book for self-study, or as a resource for professionals.

Target Group: Parents of young children and adolescents.

Rating for General Parent Use: 8

Rating for Professional Resource Use: 7.5

Program Package:

Book

Ordering Information:

Sunrise Books, Tapes & Videos
P.O. Box B
Provo, Utah 84603
1-800-456-7770

Cost: $ 9.95 paperback

Reviewer's Note: This book demands a high reading level.

RESPONSIVE PARENTING by Saf Lerman

Responsive Parenting provides a realistic way for parents to manage their child-rearing problems. Sessions may be tailored to address issues important to your specific parenting group. Responsive Parenting emphasizes helpful, not hurtful, discipline and open communication methods to help parents and children express their needs and emotions. Using short readings and recordings, parents look at and discuss selected topics.

Program Format: Nine sessions are presented in a workshop format. Each session is designed to be used independently.

I. Helping Children As They Grow
II. Helping Children Help Themselves
III. Helping Siblings Get Along Together
IV. Using Role Reversal with Children
V. Building a Child's Positive Self-Image
VI. Sharing Sex Information with Children
VII. Helping Children Understand and Express Feelings (includes divorce and remarriage)
VIII. Helping Children Handle Fear
IX. Building Independence & Cooperation in Children

Target Group: Parents, schools, child care centers, adults working with children ages 1-10.

Rating for General Parent Use: 8

Rating for Professional Parent Use: 7

Program Package:

Participant Packet
Publicity Materials
Leader Manual
Audio cassettes

Ordering Information:

AGS
Publisher's Building
Circle Pines, Minnesota 55014-1796
1-800-328-2560

Cost: $110.00

Reviewer's Note: Assumes some basic knowledge and understanding of general child development and parenting principles. Good to excellent material, but with suggested number of sessions it becomes impractical for many audiences. Material includes guidance for working with special needs children, a rare inclusion.

SCHOOL AND HOME ENRICHMENT PROGRAM FOR SEVERELY HANDICAPPED CHILDREN by Robert P. Hawkins

This program is developed to help parents become more involved in the education of their handicapped child. It offers a curriculum that promotes home and school cooperation for teaching a wide range of skills. Materials include reproducible games and activities that are fun for the child.

Program Format: Workbook that offers a curriculum used by teachers and parents jointly. Each activity uses items found in the home and offers a range of skill levels to meet each child's ability. Skill areas include fine motor, dressing, eating, grooming, receptive language, expressive language, and social interactions.

Target Group: Parents of special needs children, as well as educators of special needs children.

Rating for General Parent Use: 10

Rating for Professional Resource Use: 10

Program Package:

Workbook

Ordering Information:

Research Press
Dept. E
Box 3177
Champaign, Illinois 61826
217-352-3273

Cost: $75

SCRIPTOGRAPHIC BOOKLETS by Channing L. Bete CO., Inc.

Each booklet addresses one topic in a thorough, but easily understood manner. Additional titles are available.

Program Format: Booklet of 15 - 20 pages. Booklets reviewed:

I. What Every Teenager Should Know About Alcohol
II. Why You Should Say "NO" to Alcohol & Other Drugs
III. About Stepfamilies
IV. What Everyone Should Know About Family Violence
V. What You Should Know About Self-Esteem
VI. What You Should Know About Disciplining Your Child
VII. What Everyone Should Know About Sexual Abuse of Children
VIII. What Everyone Should Know About Stress & Your Child
IX. About Suicide Among Young People
X. What Everyone Should Know About Child Neglect
XI. What Everyone Should Know About Child Abuse
XII What Young People Should Know About AIDS
XIII. Understanding Adolescence
XIV. About Parenting
XV. How To Help Your Child Learn
XVI. What You Should Know About Infant Nutrition
XVII. What Everyone Should Know About Child Safety
XVIII. What's A Family?
XIX. About Your Child's Emotional Health
XX. Your Baby's First Year

Rating for General Parent Use: 10

Rating for Professional Resource Use: 10

Program Package:

Brief Booklet

Ordering Information:

Publisher:
Channing L. Bete Co., Inc.
South Deerfield, Maine 01373
1-800-628-7733

Cost: Dependent upon quantity ordered

STEP (Systematic Training for Effective Parenting) by Don Dinkmeyer & Gary D. McKay

STEP provides parents with a practical approach for raising responsible, confident children. Mutual respect and cooperation between all family members is promoted.

Program Format: Parents participate in nine group discussion sessions, 1 1/2 to 2 hours each. Areas addressed:

I. Why Children Misbehave and How to Deal With Misbehavior
II. How to Encourage Children and Build Self-Esteem
III. How to Discipline by Giving Choices and Letting Children Experience the Consequences of Their Decisions
IV. How to Deal With Shyness, Tantrums, Messiness, and Other Parenting Challenges

Target Group: Parents, child care providers, and schools.

Rating for General Parent Use: 8.5

Rating for Professional Resource Use: 10

Program Package:

Leader Manual
Parent Handbook
Audio Cassettes
Discussion Guide
Publicity Aids

Ordering Information:

AGS
Publishers' Building
Circle Pine, Minnesota 55014-1796
1-800-328-2560

Cost: $265.00

Reviewer's Note: A classic in the field. Can be used in stand-alone sessions by a skilled facilitator.

STRENGTHENING STEPFAMILIES by Linda Albert & Elizabeth Einstein

Strengthening Stepfamilies is a thorough program that addresses the unique problems faced by stepfamilies. The program provides the information to understand and the skills to develop new families.

Program Format: Readings, recordings, and at-home activities involve the whole stepfamily in learning to communicate better, resolve conflicts, and structure their home life to improve their relationship. The program's flexibility allows sessions to be targeted to the special needs of a group. Five session topics addressed:

I. The Pitfalls and Potential of Stepfamily Living
II. Dealing With Anger and Guilt
III. Major Decisions About Money, More Children, and Living Arrangements
IV. Discipline and Roles
V. Sexuality

Target Group: Stepfamilies

Rating for General Parent Use: 6

Rating for Professional Resource Use: 10

Program Package:

Leader Guide
Audio Cassettes
Participant Packet
Publicity Material

Ordering Information:

AGS
Publishers' Building
Circle Pine, Minnesota 55014-1796
1-800-328-2560

Cost: $125.00

Reviewer's Note: An unusual resource in a greatly expanding audience area. Should be promoted for professional training also.

STRESS AND THE HEALTHY FAMILY by Dolores Curran

This video is a companion to the book of the same title. Through her research, Dolores Curran shows how families effectively deal with four major areas of family stress - money, time, children, and the couple relationship.

Program Format: Video presentation

Target Group: Parents of any age child and families

Rating for General Parent Use: 6

Rating for Professional Resource Use: 6

Program Package:

Video (50-minutes)
Study Guide

Ordering Information:

Active Parenting
810 Franklin Court, Suite B
Marietta, Georgia 30067
1-800-825-0060

Cost: $90.00

Reviewer's Note: Content is useful for professional reinforcement. As a "talking head" video is not inspiring.

TEACHING PARENTING by Lynn Lott & Jane Nelson

This parenting manual is a companion piece for Jane Nelson and Stephen Glenn's books. Support materials, as well as group discussion guides, are presented for use with the authors' books, but the material can also stand alone. The skills that are presented would enhance any experiential parenting program.

Program Format: Workbook-style manual

Target Group: Leaders of parenting programs

Rating for General Parent Use: N/A

Rating for Professional Resource Use: 10

Program Package:

Workbook Manual

Ordering Information:

Sunrise Books, Tapes, & Videos
P.O. Box B
Provo, Utah 84603
1-800-456-7770

Cost: $30.00

TRAITS OF A HEALTHY FAMILY by Dolores Curran

This video is a companion piece to Dolores Curran's book of the same title. The video presents her research into the traits of a healthy family and offers inspiring and revealing insights. Through recognition of their own strengths, parents can learn to build on those strengths.

Program Format: Supplement to any parenting program, as well as for use with the book of the same title.

Target Group: Middle-class parents

Rating for General Parent Use: 6

Rating for Professional Resource Use: 5

Program Package:

Video (55-minutes)
Leader Guide

Ordering Information:

AGS
Publisher's Building
P.O. Box 99
Circle Pines, Minnesota 55014-1796
1-800-328-2560

Cost: $100.00

Reviewer's Note: Content is useful for professional reinforcement. As a "talking head" video is not inspiring.

YOUNG PEOPLE IN CRISIS by Jerome Alder & Pamela Cantor

The National Commission of Youth Suicide Prevention sponsors this 30-minute video, narrated by counseling professional Pamela Cantor. Through dramatizations, parents and professionals learn to recognize signs indicative of teen suicide. Intervention techniques are presented should a crisis arise.

Program Format: Support material that may be used in conjunction with parenting of teens. The video presents information that may be of help in leading group discussions.

Target Group: School administrators and teachers, professionals working with teens, and parents of preteens.

Rating for General Parent Use: 7

Rating for Professional Resource Use: 7

Program Package:

Video (30-minutes)

Ordering Information:

Kinetic
255 Delaware
Suite 340
Buffalo, NY 14202
716-856-7631

Cost: $275

Reviewer's Note: Copies are in circulation but can no longer be ordered.

YOU'VE GOT TO BE KIDDING by Don Dinkmeyer & Stephen Glenn

This workshop is designed for parents and professionals and deals with raising children who are capable and confident.

Program Format: The eight segments of this series are:

I. **Life Ain't What It Used To Be!** - This module sets the stage for the whole program by describing the changes of society over the last fifty years. Basic life skills for adult life are discussed.

II. **Paddle Your Own Canoe** - Adolescents and adults must learn to "own" problems in order to learn responsibility.

III. **Communication And Dialog** - The importance of open communication and its contribution to good relationships is discussed.

IV. **Goof And Grow** - Decision making and learning from mistakes is the theme of this segment.

V. **The Kid Next Door** - Explores the importance of self-esteem and the effect on behavior.

VI. **Encouragement** - The use of encouragement is explored in this segment. How to use encouragement with children is demonstrated with realistic methods.

VII. **Playing The School Game** - Helping adults to discover more appropriate teaching methods, this segment focuses on adolescent learning styles.

VIII. **Filling The Teen's Toolbox For Life** - The ability to solve problems creatively is an important life skill. Brainstorming - a group problem-solving technique - is demonstrated in this session.

Target Group: Parents of, and professionals working with adolescents.

Rating for General Parent Use: N/A

Rating for Professional Resource Use: 5.5

Program Package:

Leader Manual
Participant Handbook
Videos (8)

Ordering Information:

American Training Center, Inc.
P.O. Box 3140
High Mar Station
Boulder, Colorado 80301

Cost: $2,400

Reviewer's Note: This series is long on lecture, which is difficult to translate into behavior change. It is taped from live presentations with a style of "talking to." Some claims are definitely untrue or misleading as is natural with a taped "live" presentation rather than a thoughtful scripted piece.

HOW TO SELECT PARENT EDUCATION PROGRAMS

How To Select Parent Education Programs

Mary McPhail Gray, Ph.D.
Extension Human Development State Specialist

Providing service to better your community takes a special kind of person. Whether you are a community leader, extension professional, educator, youth worker, or an interested volunteer, you all have one thing in common - you take risks to help your community grow.

Offering programs that are supportive and educational for parents is an important step toward community betterment.

This guide sheet will help you select the right programs for your community. There are many types of programs available that encourage parent involvement, education, and advocacy. Follow these guidelines when you are considering implementing a parent education program in your area.

I. Decisions To Consider As You Begin To Plan

A. Decision Point I

- Do you want parent involvement, parent education, or parent advocacy? Frequently confused, the three are each very different objectives.

B. Decision Point II

- Do you understand the difference between parent education and parent support?
- Do you need to be working with parents directly or with persons who are significant supports to parents? (i.e., ministers, school teachers, employers, etc.)

C. Decision Point III

- Who is your parent audience? (age, education, group affiliation, culture, age of children, objectives, etc.)
- Why would they want to be educated? (motivation)

D. Decision Point IV

- What are your parent education goals?
  - To give them information? (e.g., about child development, communicating, parenting stages, etc.)
  - To change their beliefs/insights about themselves as parents?
  - To learn new skills to put into practice?
  - To learn to problem solve?
- What are your goals for parent involvement?
- What are your goals for parent advocacy?

E. Decision Point V

- Do you have a parent educator with these skills?
  1. Knowledge of the teaching/learning process (especially for behavior change).
  2. Knowledge of Human Development (both child and adult).
  3. Knowledge of family life/parenting literature.
  4. Knowledge of group process.
  5. Knowledge of local resources.
  6. Ethical understanding of parent educator's responsibility.
- Is a parent educator accessible for consultation?

F. Decision Point VI

- Is there a parenting curriculum or program within your budget that fulfills the basic objectives of your situation?

- Is it also - (at a minimum)?

    1. Consistent with research findings in human development and family life?

    2. Free of recommendations that are psychologically or physically abusive?

    3. Respectful of ethnic, cultural and life-style differences?

II. "Danger" Signals in Packaged Parent Education Programs

A. Belittling of parent problems or practices.

B. Cultural/social class differences from your intended audience.

C. Prescriptive recommendations (e.g., "Do this -" with no rationale or explanation of how to individualize).

D. Simplistic reliance on one response for one behavior.

E. Recommendation of potentially harmful processes (e.g. - time out) without adequate information about safe guards or judgment.

F. Overload of child developmental information with no specifics for parent behavior.

G. Sexist language and/or recommendations.

H. Implied "ideal" of family structure or functioning (e.g. - 2 parents - father knows best).

I. Unrealistic portrayal of problems or solutions (especially in reference to your group).

III. Basic Assumptions

A. Many parents need support and education. With so many parents, some education will inevitably be done by parent leaders with professional support.

B. There are many poor quality parent education materials and there are many more examples of the wrong materials for a specific audience.

C. A skilled parent educator rarely uses a whole "packaged program" - but knows how to select appropriate pieces for a particular audience.

IV. Resources/Skills Needed by a Parent Leader

A. Professional parent educator with whom to plan for a parent education group.

B. Assistance in appropriate adaptation of a "canned program."

C. Assessment of the needs of the parent group.

D. Knowledge of local referral sources.

E. Knowledge of group dynamics in order to act to:

1. Protect a person who is receiving negative feedback from the group.

2. Keep a person from dominating the discussion.

3. Keep the group away from group therapy and focused on parent education.

4. Keep a positive, safe environment alive for all members.

V. Identifiable Outcomes for A Successful Parent Education Experience

For parent education to be excellent, it must help a parent:

1. Recognize the patterns he or she learned and is now using to parent.

2. Recognize the unique characteristics (including strengths) of their child/children.

3. Learn as much as is necessary or desirable about normal development at their child's age and their parenting stage.

4. Learn one useful framework or model for positive parenting.

5. Learn one useful behavior to try with their child.

6. Identify how they will find the strength and resources to change and use this new behavior.

As you look over these outcomes, does your plan include all of them?

APPENDIX A

RECOMMENDATION FORM

The Parentlink Curriculum Guide is an evolving document. The review committee will continue to meet to assess additional parenting materials that have been published. Therefore, we would like you as a reader to recommend materials with which you are acquainted and which are not included in this book. Please share with us names and sources for materials directed at parents or persons supporting parents. To facilitate obtaining materials for review, please complete as fully as possible the following information.

Program Name _____

Program Model (Workshop, videotape, book, etc.) _____

Publisher/Source for Obtaining Materials:

Name _____

Street _____

City _____ State _____ Zip Code_____

Telephone Number _____

Approximate date of publication _____

Approximate cost _____

Parenting topics covered in this program: _____

_____

_____

_____

Why do you recommend this program for our review? _____

_____

_____

_____

Thank you very much for your concern and attention. Please forward this form to Robin R. Wingo, Connection Center Coordinator, ParentLink, 102 Whitten Hall - UMC, Columbia, MO 65211.